

# Northwestern

## **The Wildcat Food Allergy and Special Diets Toolkit**



## **Disclaimer:**

This toolkit was created by the CAFAE club for educational purposes only. Please consult your physician for any medical advice surrounding your food condition (e.g. emergency medications, emergency action plans, etc.).



# CAFAE

College Advocates for Food  
Allergy Awareness & Education

Email Kethan Bajaj to join CAFAE

[kethanbajaj2025@u.northwestern.edu](mailto:kethanbajaj2025@u.northwestern.edu)

# Join Northwestern's CAFAE Club Today!

A campus club committed to increasing **awareness, education, and support** for college students with **food-related conditions** (e.g. food allergy, celiac disease, etc.) across the nation!

## Support



- Help each other navigate campus life with food conditions
- Lead discussions surrounding dining on/off campus, social situations, sports, and more!

## Educate



- Meet with allergy experts in the field
- Learn signs and symptoms of allergic reactions and how to respond in an emergency

## Advocate



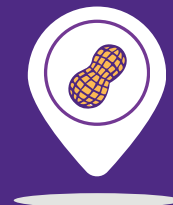
- Brainstorm ideas to improve the quality of life for students with food conditions
- Advocate together to create a safer, more inclusive campus for all!



## Interested in Starting a CAFAE Chapter?

Drop a pin on your on your campus today!

Contact: [kethanbajaj2025@u.northwestern.edu](mailto:kethanbajaj2025@u.northwestern.edu)

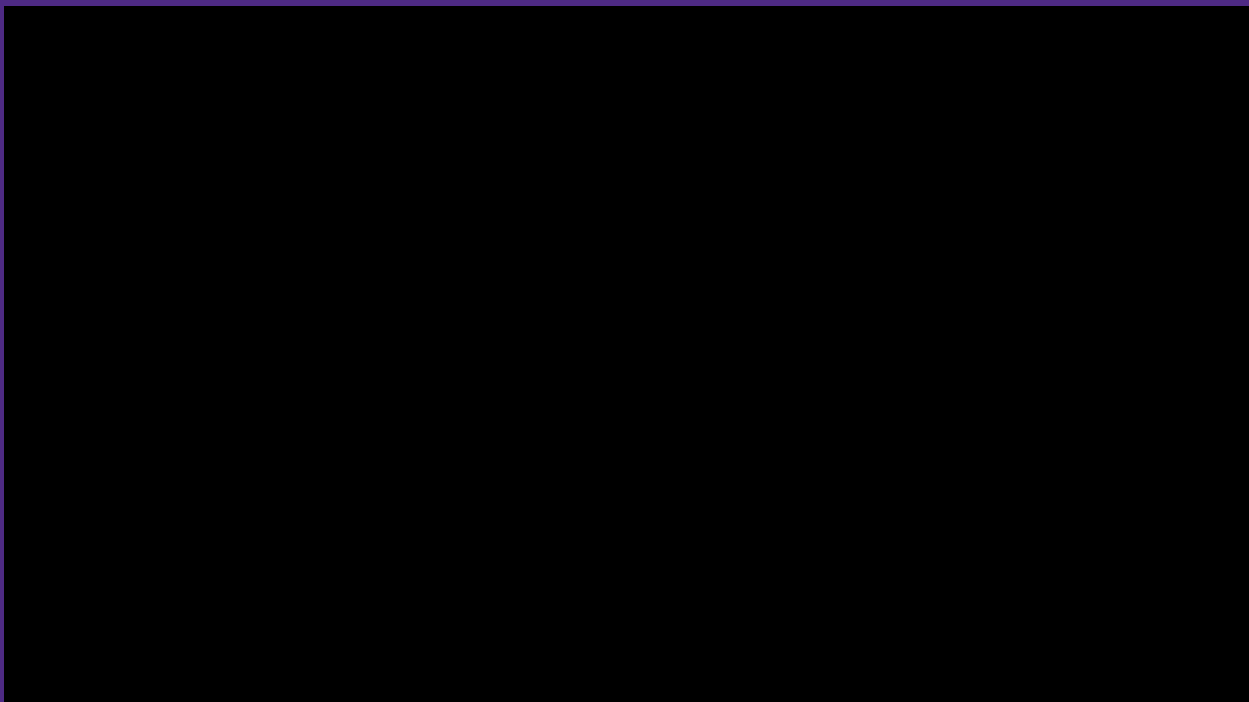


# Welcome to Campus!

The transition from high school to college can be a challenging experience, especially for someone with a food-related condition such as food allergy, celiac disease, or EoE. **We created this toolkit to help all students with food conditions feel supported and excited to navigate this transition with confidence!**

We hope these tools help you feel safe and prepared on Northwestern's campus so you can focus on your studies and enjoy the college experience!

Watch the video below to hear from other students with food conditions and learn about steps Northwestern has taken to support students on campus!





# Table of Contents

What you'll find inside the toolkit

## 📍 ABOUT CAFAE

Joining the Club 3

## 📍 CAMPUS LIFE

Prior to or Upon Arrival 8

Packing and Prepping 9

Talking with Your Roommates 10

"Just in Case" Reminders 11

## 📍 DINING ON-CAMPUS

Important Contacts 13

Apps To Download 14

Meeting Dining Representatives 15

North Campus Dining 16

South Campus Dining 17

On-Campus Restaurant Guide 18

## 📍 DINING OFF-CAMPUS/SOCIAL EVENTS

Eating Out and Social Events 20

Restaurant Guide 21-23

Grocery Store Guide 24

Safe Snacking 25

# Table of Contents

What you'll find inside the toolkit

## 📍 **HELPFUL RESOURCES**

Food Condition Fact Sheet	<u>27</u>
Resources	<u>28-29</u>

## 📍 **FRIENDS TOOLKIT**

Supporting Food Allergic Friends	<u>31</u>
----------------------------------	-----------

## 📍 **FOOD CONDITIONS 101**

Food Allergy	<u>33</u>
Celiac Disease	<u>34</u>
Food Intolerances	<u>35</u>
EoE	<u>36</u>

## 📍 **RECOGNIZING/MANAGING A REACTION**

'Just in Case' Reminders	<u>38</u>
Signs and Symptoms	<u>39</u>
How to use Epinephrine	<u>40</u>

## 📍 **READING LABELS/AVOIDING CROSS-CONTACT**

Allergens/Labels to Look Out for	<u>42</u>
Reading Ingredient Labels	<u>43</u>
What is Cross-Contact	<u>44</u>
References	<u>45</u>

## 📍 **ABOUT CFAAR** 46

# CAMPUS LIFE



# PRIOR TO OR UPON ARRIVAL

## Steps for success

- 1 **Make introductions!** Contact NU's registered dietitian (pg. 12) to set up an appointment and meet your dining hall chefs.
- 2 **Inform your Resident Advisor (RA)** about your needs and what to do in the event of a reaction.
- 3 **Download the 'Dine on Campus at Northwestern' app and explore the Pure Eats station** to check out menus and ingredients available in all dining commons. Pure Eats avoids gluten and the top nine allergens.
- 4 **Set boundaries with your roommates.** Consider establishing an agreement about your allergens with your roommate. (pg. 10)
- 5 **Reach out to Accessible NU** (pg. 45) if you have any questions about the dining plan and/or accommodations.



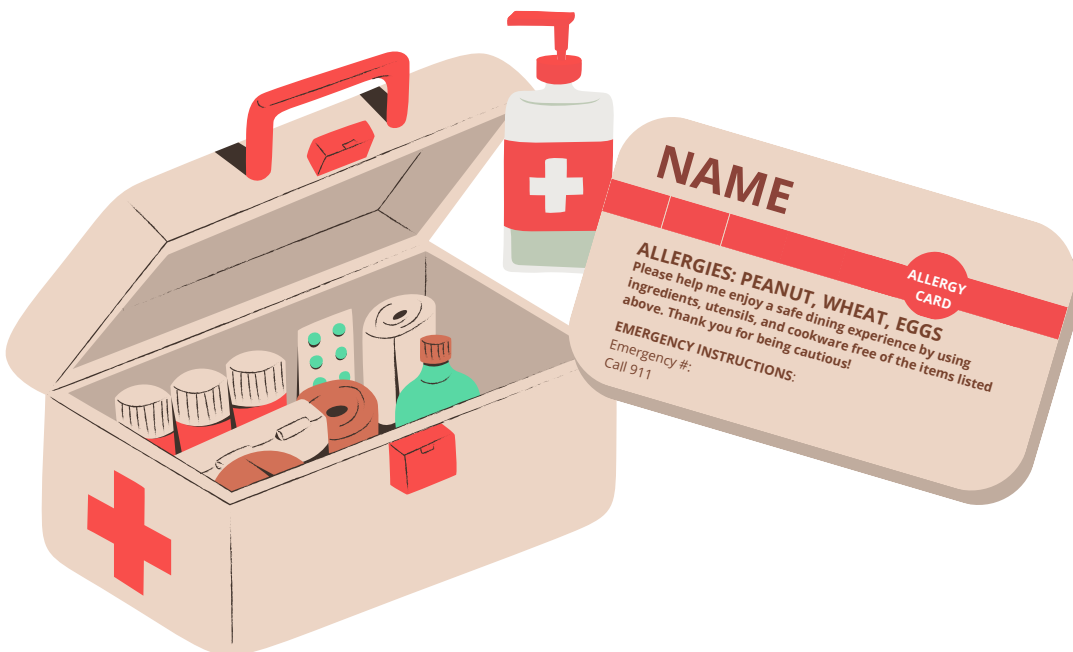
# PACKING & PREPPING



What to bring in case of an emergency



1. Epinephrine auto-injector (E.g.: EpiPen<sup>®</sup> or Auvi-Q<sup>®</sup>)
2. Benadryl or other antihistamines
  - a. *Please note that this should NOT be your first line of defense if you are having an allergic reaction, only take antihistamines with your doctor's advice.*
3. Food Allergy Emergency Healthcare Plan
4. Allergy-friendly snacks (pg. 23)
5. Medical ID Bracelet or Allergy Card
  - a. Chef card: *Carrying a "chef card" that outlines the foods you must avoid is a great way to communicate your food allergies to a chef or manager at a restaurant. [Download](#)*



**Please consult your allergist for any specific medication and prescriptions.**

# TALKING WITH YOUR ROOMMATE

Be open and communicate your needs.

- 1 **Reach out to your roommate** prior to move-in and let them know about your dietary needs!
- 2 **Set rules that clearly outline what you need** from your roommate. Consider discussing keeping allergens out of the dorm or keeping all food separated in designated containers.
- 3 **Educate them about the signs and symptoms** of a reaction and how to use an epinephrine auto-injector.
- 4 **Designate an easy to find location to store epinephrine auto-injectors** for use during an emergency





# "JUST IN CASE" REMINDERS

Here's a list of things to help you prepare in case a situation arises



**Share your emergency contact info/emergency action plan with your friends!**



**Let friends know what your symptoms look like**



**Carry two epinephrine auto-injectors**



**Let your friends know where you keep your epinephrine and how to use it**



**If you're having a reaction, use epinephrine immediately, call 911, and go to the emergency room**



**Follow up with your doctor!**





# DINING ON-CAMPUS



# IMPORTANT CONTACTS

Advocate for yourself.



**Madeline McDonough MS, RD, LDN**

Registered Dietitian Nutritionist  
[dining@northwestern.edu](mailto:dining@northwestern.edu)



**Juan Aguayo**

Sr. Director of Dining Services  
[juan.aguayo@compass-usa.com](mailto:juan.aguayo@compass-usa.com)



**Northwestern Health Services**

847.491.2204



**AccessibleNU**

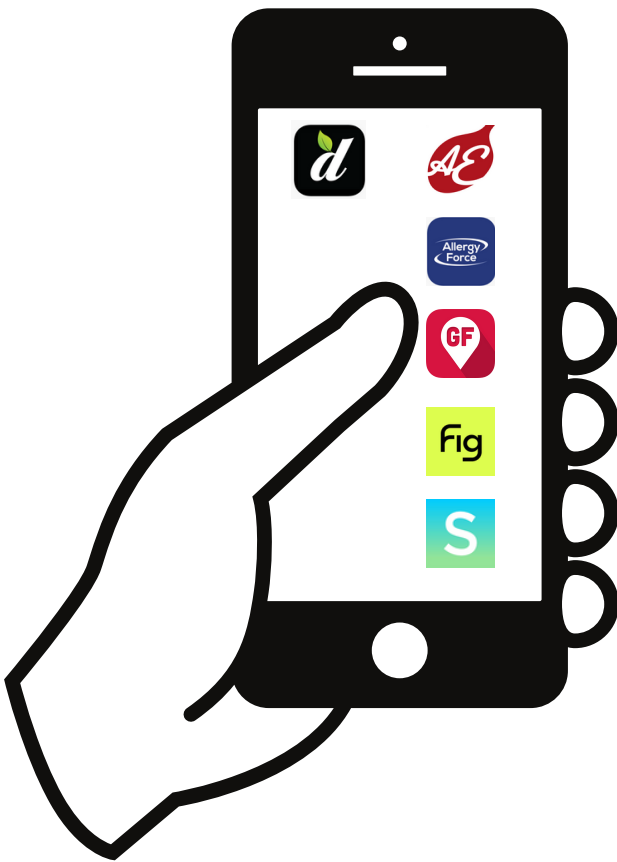
847-467-5530

Want to connect with a peer  
who has allergies or a similar  
dietary condition? Email  
Madeline McDonough at  
[dietitian@northwestern.edu](mailto:dietitian@northwestern.edu)



# APPS TO DOWNLOAD

Let your phone guide you to the right spot.



- [Dine on Campus at Northwestern](#)
- Allergy Eats
- Allergy Force
- Find me gluten-free
- Fig: Food Scanner & Discovery
- Spokin'

# MEETING DINING REPRESENTATIVES



Align yourself with on-campus resources Scan for NU-specific dining information

- 1 **Introduce yourself to dining hall staff** at the beginning of the quarter and let them know about your dietary needs.
- 2 **Locate safe zones in the cafeteria** with ingredients you can trust. NU Dining halls have gluten-free and allergy-friendly stations for students with cross-contact sensitivity.
- 3 **Ask each dining hall's "Allergy Expert" to detail specific ingredients** in dishes you are uncertain about.



*Located at various dining halls across campus, Northwestern's Pure Eats stations serve food without the top nine allergens.*

# NORTH CAMPUS DINING

On-campus dining in the Evanston campus.

## Elder Dining Commons

*contains Kosher, Gluten-free, and Pure Eats Stations*

2400 Sheridan Rd

## Seabury Hall

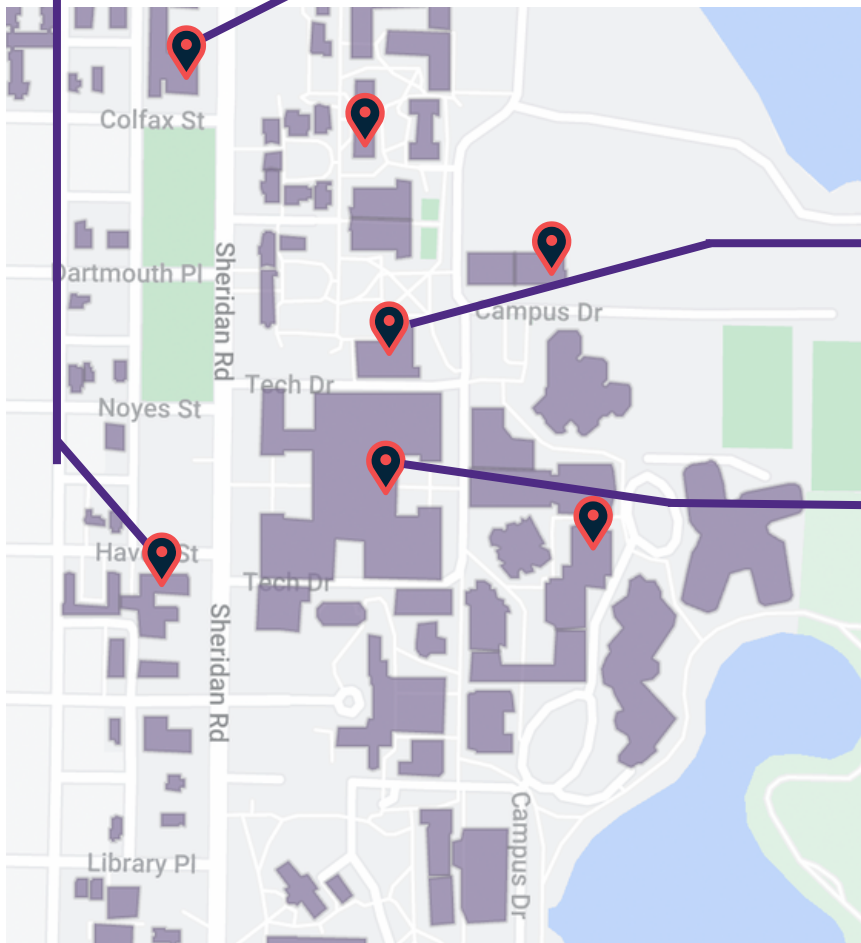
*Campus Dietitian office:*

*Madeleine McDonough*

2122 Sheridan Rd

## PureEats

Stations on-campus that are prepared and avoid gluten as well as the nine most prevalent food allergens: peanuts, tree nuts, fish, shellfish, wheat, soy, eggs, dairy and sesame.



## Sargent Dining Commons

*contains Pure Eats and Gluten-free Station*

2245 Sheridan Rd

## Tech Express

*market containing allergen labeled snacks*

2145 Sheridan Rd



# SOUTH CAMPUS DINING

On-campus dining in the Evanston campus.

## Foster-Walker West & East Dining Commons

*Pure Eats (Allergen Friendly Zone)*  
1927 Orrington Ave

## Buen Dia

*gluten-free Mexican cuisine*

## Mod Pizza

*build your own*

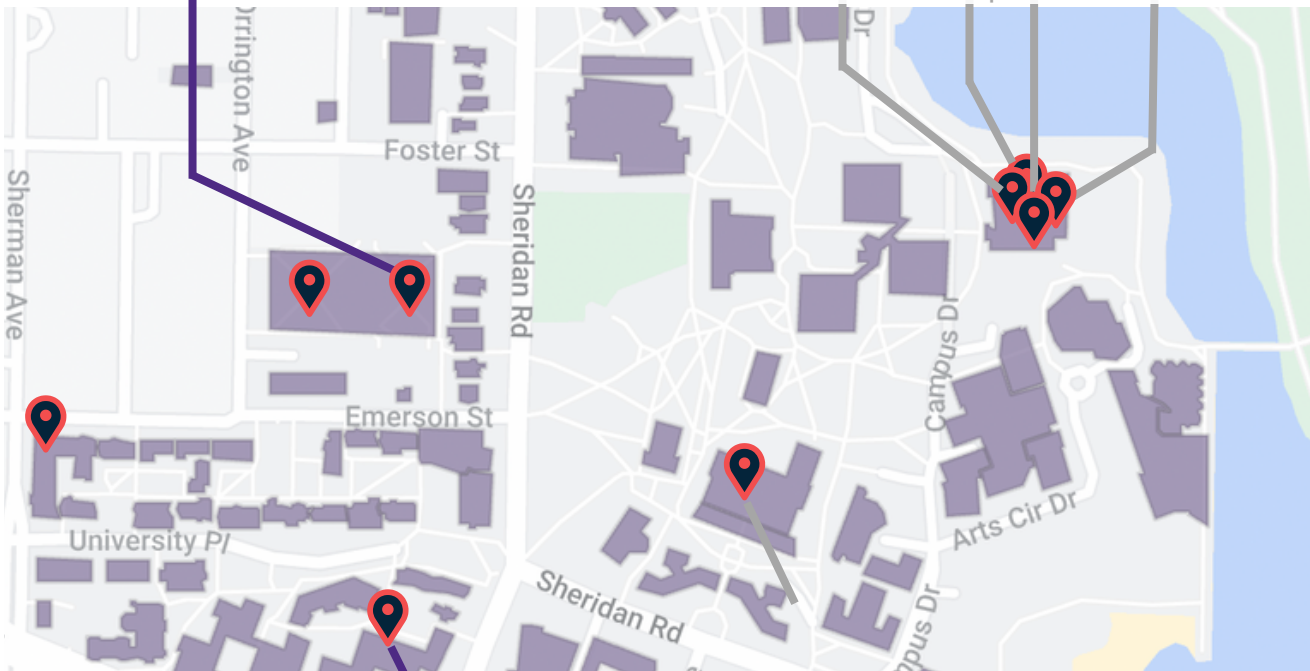
## Starbucks

*alternate milk options*

## Market at Norris

*to-go meals with detailed ingredients*

Norris University Center  
1999 Campus Dr



## Allison Dining Commons

*contains Kosher, Gluten-free, and Pure Eats Stations*  
1820 Chicago Ave

# ON-CAMPUS RESTAURANT GUIDE



Don't let your allergy stop you from enjoying cafes on-campus.

\*Please be aware that this is solely a list of restaurants on-campus and is not all-inclusive and is subject to change at any time. You should always call ahead and do your own research before eating out.

On-campus eateries listed on the map (dining dollars and meal swipes)

## **Protein Bar**

Cuisine: Health food restaurant

Address: 2311 Campus Dr

Notes: Nutrient-packed shakes containing fresh ingredients

Contact: (847) 467-2147

## **Cafe Coralie**

Cuisine: Coffee Shop

Address: 2200 Campus Dr, Floor 2

Notes: alternate milk options

## **Fran's Cafe**

Cuisine: American-style late-night meals

Address: 1865 Sherman Ave

Contact: (847) 467-2729

## **Lisa's Cafe**

Cuisine: Day & Late night eatery with

Address: 2332 Campus Dr

Notes: market containing allergen-labeled snacks, open till late

Contact: (847) 467-2729

## **Kresge Cafe**

Cuisine: Coffee & grab and go

Address: 1880 Campus Dr

Notes: alternate milk options





# DINING OFF-CAMPUS/ SOCIAL EVENTS



# EATING OUT + SOCIAL EVENTS

Let's get social!

- 1 **Work with friends** to select a restaurant that can accommodate your food allergies
- 2 **Call ahead** to ensure accommodations can be made
- 3 **Upon arrival, identify yourself** to the server and/or chef to ensure a safe meal can be prepared
- 4 **Consider carrying a chef's card outlining your allergens** that you can give to restaurant staff

## Attending an event with food?

Think about...

- Asking the host what is being served; share your food allergies or dietary restrictions
- BYOASF (bring your own allergy-safe food)!
- Pack an Ozzie to-go container from the dining hall



Reminder!  
My epinephrine is in my  
purse!

# RESTAURANT GUIDE



Don't let your allergy stop you from enjoying the food scene.

\*Please be aware that this list is not all-inclusive and is subject to change at any time. You should always call ahead and do your own research before eating out.

## Evanston eateries with food accommodations:

### Chipotle

Cuisine: Mexican

Address: 711 Church St, Evanston, IL 60201

Cost: \$ (free drink with Wildcard)

Notes:

- Chipotle states they do not use eggs (except at locations that serve breakfast), mustard, peanuts, tree nuts, sesame, shellfish, or fish in their food
- A helpful chart can be found online showing which of their items contain gluten, dairy, and soy (<https://www.chipotle.com/allergens>)
- Due to the assembly line service, cross-contamination with possible allergens poses a risk

Contact: (847) 425-3959

### Blind Faith Cafe

Cuisine: American Cafe

Address: 525 Dempster St, Evanston, IL 60201

Cost: \$\$

Notes:

- Gluten free
- Vegan options

Contact: (847) 328-6875



## **Koko Table**

Cuisine: Korean

Address: 720 1/2 Clark St, Evanston, IL 60201

Cost: \$

Notes:

- All dishes are nut-free
- Separate cookware used upon request for allergen safe prep

Contact: [\(847\) 866-7055](tel:(847)866-7055)

## **Fridas Breakfast and Lunch**

Cuisine: Mexican inspired breakfast and lunch

Address: 618 Church St, Evanston, IL 60201

Cost: \$

Notes:

- Food allergy accommodations upon request

Contact: [\(847\) 859-6342](tel:(847)859-6342)

## **La Principal**

Cuisine: Mexican

Address: 700 Main St, Evanston, IL 60202

Cost: \$\$

Notes:

- Peanut and Tree nut-free
- Gluten-free and vegan free options
- Food allergy accommodations upon request

Contact: [\(224\) 307-2444](tel:(224)307-2444)

## **Sweet Green**

Cuisine: American

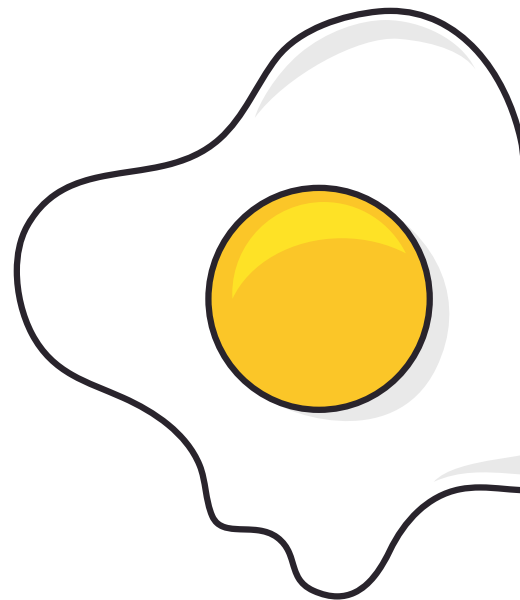
Address: 1601 Sherman Ave, Evanston, IL 60201

Cost: \$\$\$

Notes:

- Gluten-free, vegan options available
- Ingredient list found on [website](#)

Contact: [\(847\) 892-1700](tel:(847)892-1700)





## **Lou Malnati's Pizzeria**

Cuisine: Italian

Address: 1850 Sherman Ave, Evanston, IL 60201

Cost: \$\$

Notes:

- Gluten free crusts available
- Crustless pizza available

Contact: [\(847\) 328-5400](tel:(847)328-5400)

## **Lucky Platter**

Cuisine: American

Address: 514 Main St, Evanston, IL 60202

Cost: \$\$

Notes:

- Gluten free
- Vegan options available

Contact: [\(847\) 869-4064](tel:(847)869-4064)

## **Tomate Fresh Kitchen**

Cuisine: Mexican

Address: 914 Noyes St, Evanston, IL 60201

Cost: \$

Note:

- Corn shells available for gluten free guests

Contact: [\(847\) 512-3460](tel:(847)512-3460)

## **Trattoria Demi**

Cuisine: Italian

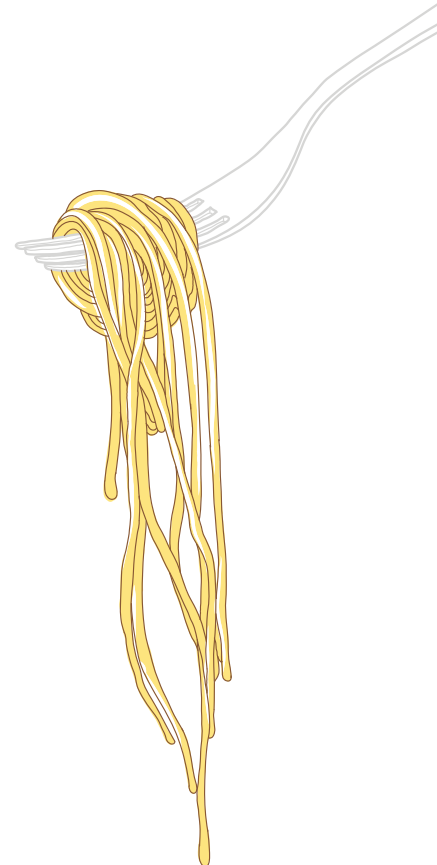
Address: 1571 Sherman Ave Ste 1, Evanston, IL 60201

Cost: \$\$ 10% off with Wildcard

Notes regarding food allergies:

- Gluten free
- Vegan
- Vegetarian options available

Contact: [\(847\) 869-4064](tel:(847)869-4064)



# GROCERY STORE GUIDE

Each dorm building has a communal kitchen if you need to cook safe meals. Here are a few stores to get some snacks and easy-made meals if you have food allergies.

Note: Make sure you use your own pans and utensils for cooking.

## **Trader Joe's**

Address: 1211 Chicago Ave, Evanston, IL 60202

Cost: \$\$

Hours: 8am-9pm every day

Contact: [\(847\) 733-0690](tel:(847)733-0690)

## **Target**

Address: 1616 Sherman Ave, Evanston, IL 60201

Cost: \$\$

Hours: 8am-9pm every day

Contact: [\(847\) 448-1816](tel:(847)448-1816)

## **Jewel-Osco**

Address: 1128 Chicago Ave, Evanston, IL 60202

Cost: \$\$

Hours: 6am-12pm every day

Contact: [\(847\) 869-7950](tel:(847)869-7950)

## **Whole Foods**

Address: 1640 Chicago Ave, Evanston, IL 60201

Cost: \$\$\$

Hours: 8am-10pm every day

Contact: [\(847\) 733-1600](tel:(847)733-1600)



*The following list of stores is arranged in ascending order of affordability, with cheapest options listed first.*

# SAFE SNACKS

These are a few brands that provide allergy-friendly alternatives for snacks.

1. MadeGood
2. Enjoy Life
3. Superseedz
4. Daiya (Dairy and Egg-free)
5. So Delicious (Dairy-free)
6. Earth Balance (Soy, Dairy, Egg, and Gluten-free)
7. Kite Hill (Soy, Dairy, Egg, and Gluten-free)
8. SkinnyPop (Soy, Egg, Nut, and Gluten-free)
9. GoRaw (Gluten and Dairy-free)
10. Safe & Fair

To ensure the brand is allergen safe, call companies or check their packaging to ensure they don't have a risk for cross-contact.



*Please read the ingredient labels before consumption*

# MY FOOD CONDITION FACT SHEET

FOODS TO AVOID	FAVORITE SAFE FOODS
ESSENTIAL MEDICATIONS AND THEIR LOCATION	SIGNS AND SYMPTOMS OF A REACTION
EMERGENCY PLAN	EMERGENCY CONTACTS
ADDITIONAL INFORMATION	

# Northwestern

## FOOD ALLERGY GUIDEBOOK FOR FRIENDS

**Friends, roommates, and peers** could play a critical role in responding to and supporting you through an allergic reaction.

Share this guide to help inform your support system on how to best prepare for food allergy scenarios.



# SUPPORTING FOOD ALLERGIC FRIENDS

Be an advocate.

- 1 **Know** where your friend's epinephrine auto-injector is kept and how to use it! Encourage your food-allergic friends to carry their medications with them at all times.
- 2 **Educate** yourself on how to read a food ingredient label and identify a food allergy.
- 3 **Ask** the right questions and be open to learning more about food allergies!
- 4 **Learn** about the dangers of cross-contact.
- 5 **Be** kind and supportive to ensure your friend feels safe in all food situations!

**In the event of an allergic reaction, administer epinephrine and call 911!...Be sure to reach out to your friend's emergency contacts.**





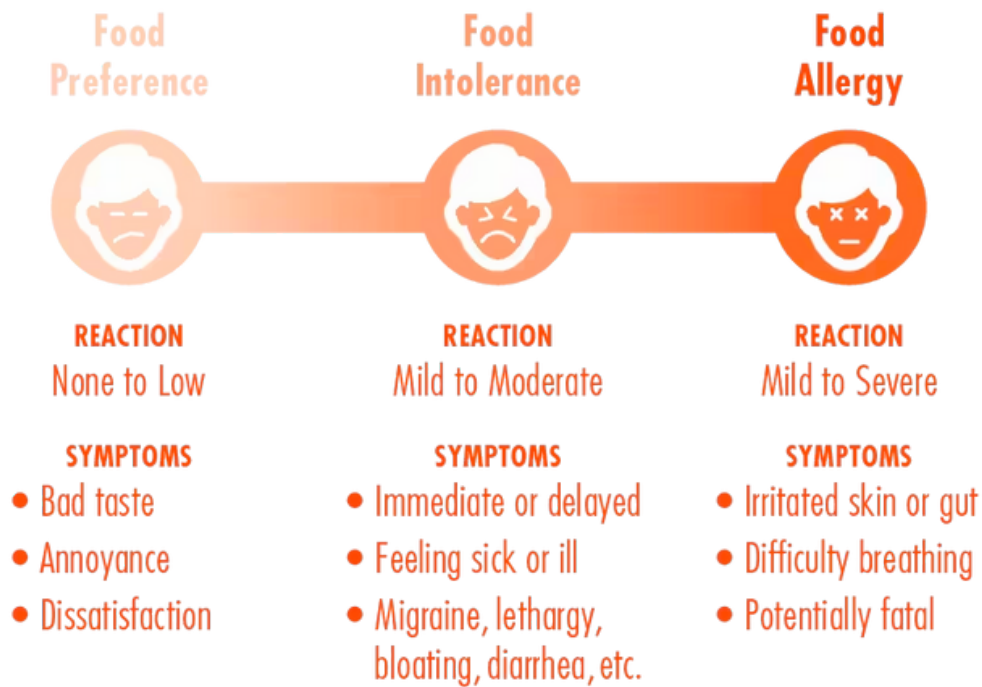
# **FOOD CONDITIONS 101**



# FOOD ALLERGY

a food allergy is an immune system reaction that occurs soon after eating a certain food.

- Reactions can range from mild to severe and potentially life-threatening, called "anaphylaxis"



# CELIAC DISEASE

Gluten = protein composite found in the grains wheat, barley, oats, and rye.

Celiac Disease is another very common food-condition impacting college students. Although it is not considered an IgE-mediated food allergy or food intolerance, it also involves the immune system and can result in a variety of negative and severe symptoms. (shown below)

Celiac Disease is an autoimmune disorder characterized by damage to the small intestine upon gluten ingestion; the gluten triggers an immune-based reaction that attacks the small intestine's lining and prevents it from absorbing nutrients.

Celiac Disease can develop at any point in one's life and is currently incurable. **The only treatment is a strict gluten-free diet.**

**If you or your friends have Celiac Disease, please consider these tips to keep each other safe!**

## Symptoms:

- Diarrhea
- Fatigue
- Weight loss
- Bloating and gas
- Abdominal pain
- Nausea and vomiting
- Constipation
- Skin rash

## Tips to help protect your friends with Celiac:

- Keep two separate labeled toasters to avoid cross-contact
- Consider using separate sponges, pans, and cooking utensils
- Ask before you put your hand in their snack
- Keep your space clean after eating



GLUTEN  
FREE

# FOOD INTOLERANCES

It is when someone's body has difficulty digesting certain foods. Unlike allergies, which trigger the immune system, food intolerances typically involve digestive issues. Eating these foods may cause discomfort, bloating, gas, or other digestive symptoms. It's essential to be mindful and supportive of our friends with food intolerance, as avoiding these specific foods can help them feel much better and enjoy their time together.

## **Some Common Symptoms:**

- Bloating and gas
- Diarrhea
- Rashes
- Headaches
- Nausea
- Fatigue
- Runny nose
- Abdominal pain and cramping
- Flushing of skin

## **Common Intolerances include:**

- Lactose (Milk and dairy)
- Gluten (Wheat, barley, rye)
- FODMAPs (food low in fermentable carbs)
- Caffeine
- Soy
- Corn
- Yeast



# EoE

Eosinophilic Esophagitis (EoE) is a chronic condition that affects the esophagus, the tube connecting the mouth to the stomach. For individuals with EoE, certain foods can trigger an allergic reaction in their esophagus, leading to inflammation and discomfort. This may cause difficulty swallowing, chest pain, or even food getting stuck in their throat.

## **Some Common Symptoms:**

- difficulty swallowing (dysphagia)
- food stuck in the esophagus
- stomach pain
- weight loss
- malnutrition
- nausea
- vomiting
- lack of appetite

## **Steps to Help your friend:**

- Call for help and dial 911



# RECOGNIZING/ MANAGING a REACTION



# "JUST IN CASE" REMINDERS

To help your friends in an emergency situation



Check their emergency action plan



Learn how their symptoms present



Know where they keep their epinephrine and how to use it



If they are having a reaction, use epinephrine immediately,  
call 911, and go to the emergency room



Inform their emergency contacts



# SIGNS AND SYMPTOMS

Be prepared to respond to an allergic reaction.

**Allergic reactions can range from mild to severe.** A severe reaction is known as anaphylaxis. This is when someone is having symptoms from more than one body system or if they are having trouble breathing or swallowing, have a weak pulse, or have fainted. If this is the case, administer their epinephrine auto-injector and call 911!

## Mouth/ Throat

- Lip/tongue swelling
- Difficulty swallowing
- Hoarse voice
- Itchy mouth
- Throat tightening
- Mouth or throat tingling



## Lungs

- Chest tightening
- Nasal congestion
- Repetitive cough
- Trouble breathing
- Wheezing



## Skin

- Hives
- Itching
- Rash
- Swelling



## Neurological

- Anxiety
- Feeling of impending doom
- Headache



## Cardiovascular/Heart

- Chest pain
- Rapid heart rate
- Fainting, dizziness, or feeling lightheaded
- Low blood pressure



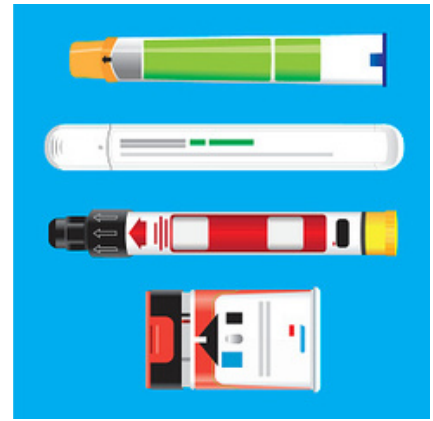
## Gastrointestinal (GI)

- Belly pain
- Cramps
- Diarrhea
- Nausea
- Vomiting





# HOW TO USE EPINEPHRINE

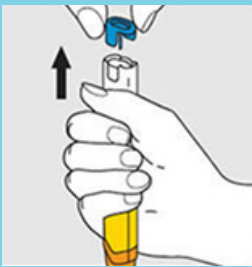


The epinephrine auto-injector can save a life.

## How to use: EpiPen® and generic epinephrine autoinjectors

follow device instructions [here](#)

1. Remove the Safety Cap



2. Place orange end on mid outer thigh (with or without clothing)



3. Push down HARD until a click is heard and **HOLD IN PLACE for 3 seconds** (read instructions on the box as timings can differ)

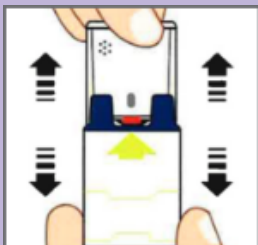


**4. Call 911 and GET EMERGENCY CARE**

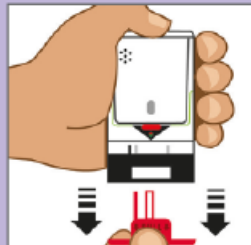
**While waiting for care, if not improving, give 2nd dose of epinephrine**

## How to use: Auvi-Q® follow device instructions or audio/video walkthrough [here](#)

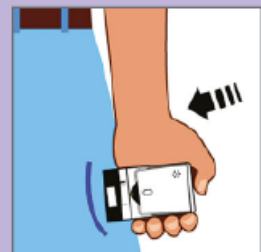
1. Remove from the case



2. Remove the safety cap

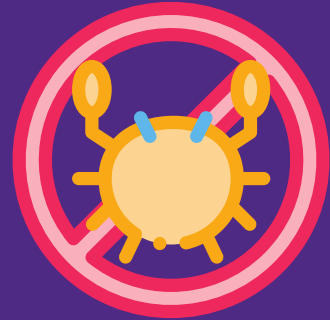


3. Push down HARD until a click is heard and **HOLD IN PLACE for 3 seconds** (read instructions on the box as timings can differ)



**4. Call 911 and GET EMERGENCY CARE**

**While waiting for care, if not improving, give 2nd dose of epinephrine**



# READING LABELS/AVOIDING CROSS-CONTACT



# Allergens/Labels to Look Out for!

	<b>Peanut</b>	e.g., found in baked goods, ice creams, candy, cereals, trail mix, etc.
	<b>Tree Nuts</b>	e.g., Cashews, Almonds, Walnuts, Hazelnuts, Macadamia Nuts, Brazil Nuts, Pistachio, etc.
	<b>Milk</b>	e.g., sometimes labeled as casein, whey, lactose, etc.
	<b>Egg</b>	e.g., sometimes labeled as albumin, ovalbumin, lysozyme, etc.
	<b>Shellfish</b>	e.g., Lobster, Crab, Shrimp, etc.
	<b>Fin Fish</b>	e.g., Salmon, Cod, Tuna, Tilapia, etc.
	<b>Wheat</b>	e.g., found in Bread, Bulgur, Cereal, Couscous, Flour, Gluten, Noodles, etc.
	<b>Soy</b>	e.g. found in Tofu, Edamame, Tempeh, Miso, Shoyu Sauce, soy cheeses/milks, etc.
	<b>Sesame</b>	e.g., found in Hummus, Tahini, Falafel, Burger Buns, Bakery items, etc.

**These are the top 9 most common allergens, but you can develop an allergy to any food! Be mindful when sharing foods and remember to check the label for your friends' allergens!**

# INGREDIENT LABELS

Understand and interpret labels.

## THE TOP NINE ALLERGENS

**MUST** be included on food labels if the product contains it



**However... be mindful of "may contain" statements!**



Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 Bar (68g)		<b>Total Fat</b> 5g	<b>8%</b>	<b>Cholesterol</b> 0mg	<b>0%</b>	Insoluble Fiber 3g	
<b>Calories</b> 250		Saturated Fat 1g	<b>5%</b>	<b>Sodium</b> 160mg	<b>7%</b>	Sugars 20g	
Calories from Fat 45		Trans Fat 0g		<b>Potassium</b> 230mg	<b>6%</b>	Other Carbohydrate 20g	
		Polyunsaturated Fat 1g		<b>Total Carbohydrate</b> 44g	<b>15%</b>	<b>Protein</b> 10g	<b>18%</b>
		Monounsaturated Fat 2.5g		Dietary Fiber 4g	<b>16%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 10% • Vitamin C 10% • Calcium 20% • Iron 15% • Vitamin D 15% • Vitamin E 10% • Thiamin (B1) 10% Riboflavin (B2) 10% • Niacin (B3) 10% • Vitamin B6 10% • Vitamin B12 10% • Phosphorus 25% • Magnesium 25%					

**INGREDIENTS:** Organic Brown Rice Syrup, Organic Rolled Oats, **Soy Protein Isolate**, Organic Cane Syrup, **Organic Roasted Soybeans**, Rice Flour, Cocoa<sup>†</sup>, Organic Soy Flour, Organic High Oleic Sunflower Oil, Organic Cane Sugar, Organic Oat Flour, Organic Oat Fiber, Natural Flavors, Alkalized Cocoa<sup>†</sup>, Organic Cocoa Butter<sup>†</sup>, Sunflower Oil, Salt, Barley Malt Extract, Green Tea Extract (Contains Caffeine), Unsweetened Chocolate<sup>†</sup>, **Soy Lecithin**, Baking Soda. **VITAMINS & MINERALS:** Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit. C), DL-Alpha Tocopheryl Acetate (Vit. E), Beta Carotene (Vit. A), Niacinamide (Vit. B3), Ergocalciferol (Vit. D2), Thiamine Mononitrate (Vit. B1), Pyridoxine Hydrochloride (Vit. B6), Riboflavin (Vit. B2), Cyanocobalamin (Vit. B12).

**ALLERGEN STATEMENT: CONTAINS SOY. MAY CONTAIN PEANUTS, TREE NUTS, MILK, AND WHEAT.**

Contains 48mg of caffeine. Consume caffeine responsibly. Not recommended for pregnant or nursing women, children under 18 years old, or people sensitive to caffeine.

<sup>†</sup>Rainforest Alliance Certified™

This statement alerts customers which of the top 9 allergens are in this product.

Precautionary allergen labels often say 'may contain' or 'produced in a facility' regarding specific allergens. They are determined by manufacturer recommendation in relation to possible cross-contact and are **not required** by law.

# WHAT IS CROSS-CONTACT?

When an allergen is transferred from a food containing an allergen to a food that does not contain the allergen.

## Pro Tips to Avoid Cross-Contact

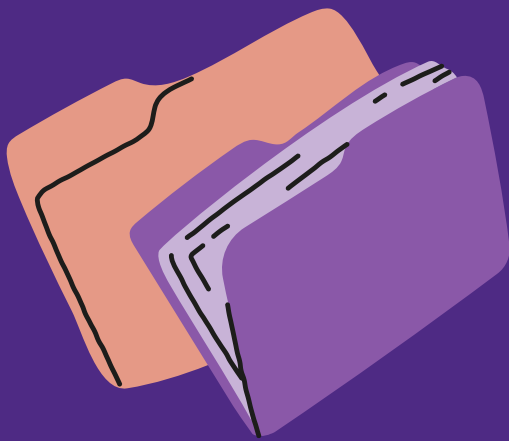
If cooking with allergens, use separate cooking utensils, pots/pans, measuring cups, cutting boards, etc. and **wash your prep space thoroughly after each use!**

- E.g. if you're baking cookies, use separate mixing bowls, baking trays, and utensils if you plan to make allergen-free options!





# HELPFUL RESOURCES





## SUPPORTED BY CFAAR

The Center for Food Allergy & Asthma Research (CFAAR) is a joint research center at Northwestern University Feinberg School of Medicine and Ann & Robert H. Lurie Children's Hospital of Chicago.

CFAAR aims to find answers and shape policies surrounding food allergy and related atopic conditions. Through their epidemiological, clinical, and community/school-facing work, they are driven to improve the daily lives of anyone impacted by a food-related condition.

**The CFAAR team oversees the CAFAE Club and is passionate about supporting students with food conditions through every phase of their academic journeys. They are here to conduct research and support students in any way they can!**

## CONTACT US

750 N. Lake Shore Dr,  
6th Floor, Chicago, IL 60611

Phone: 312-503-1042

Email: [cfaar@northwestern.edu](mailto:cfaar@northwestern.edu)

## CONNECT WITH US



@cfaarnu

To learn more about CFAAR and how to become involved,  
please visit [cfaar.northwestern.edu](http://cfaar.northwestern.edu)



# CAFAE Partners

National Organizations committed to supporting students with food conditions!



## Red Sneakers for Oakley

RSFO utilizes two programs to further its mission to provide life saving resources and education.

Links:

- [College Student Allergy Info Guide](#)
- [Virtual Allergist to understand your symptoms](#)

## Life-Saving Resources

**Food Allergy Awareness Handbook**

Red Sneakers for Oakley is dedicated to educating and advocating for food allergy awareness and we need your help! Our Food Allergy Awareness Handbook outlines many ways you can get involved and help raise awareness about food allergies. It includes:

- Powerful statistics
- Great testimonials
- Visuals & graphics to get people talking
- Info about school initiatives & awareness events
- Messages & images YOU can use on your social media

[Get the Handbook](#)



ALLISON  
ROSE  
FOUNDATION

## Allison Rose Foundation

ARF is dedicated to changing the lives of food allergy families through education, awareness, research and advocacy.

Links:

- [College Prep Visiting Campus](#)
- [Food Allergy College Checklist](#)

### ARF College/University Food Allergy Checklist

These checklists will arm you with the tools needed to be proactive while you or your loved one prepares to attend a college or university away from home.

[College Prep Visiting Campus](#)  
[College Prep on Campus](#)

### The Foundation's Story

The Allison Rose Foundation, a 501(c)(3), was formed to prevent other families from experiencing the tragedy and untimely food allergy death of a child or young adult.

As food allergy children evolve through their stages of life, their supporting communities change making food allergy education crucial. Severe food allergies continue to be misunderstood. If proper education is put in place from a young age, food allergy sufferers, their support systems, and the general population, will be properly informed and prepared to understand, recognize and effectively manage a severe food allergy and life threatening reaction.

Dedicated to changing the lives of food allergy families through education, awareness, research and advocacy, the Allison Rose Foundation strives to arm families with a comprehensive food allergy support system, and ultimately, a cure.



# Helpful Resources

National Organizations committed to supporting students with food conditions!

## AAAAI

*American Academy of Allergy, Asthma & Immunology:* a non-profit organization dedicated to food allergy awareness, research, education, and advocacy

Links:

- [College Student Allergy Info Guide](#)
- [Virtual Allergist to understand your symptoms](#)

### Food Allergy Stages:

#### Young Adults (18–21 years)

The Food Allergy Stages handouts were designed to help patients and families manage food allergies at different developmental stages. Always speak with your allergist if you have questions or before making changes to your food allergy management plan.

Young adults should be ready to take the primary responsibility for day-to-day food allergy management. They do best with continued family support during this transition.



## AAFA

*Asthma & Allergy Foundation of America:* a non-profit organization dedicated to finding a cure for and controlling asthma, food allergies, nasal allergies, and other allergic diseases.

Links:

- [How Can I Prevent Allergic Reaction and Manage Allergies?](#)

## Allergy Prevention

/ Allergies / Allergy Prevention

### How Can I Prevent Allergic Reactions and Manage Allergies?

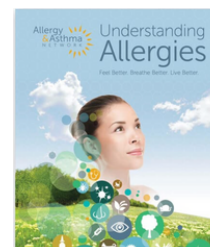
## AAN

*Allergy & Asthma Network:*

An organization that unites and advocates on behalf of 60 million Americans with asthma, food allergy, and related conditions.

Links:

- [A Complete Guide to Allergies](#)
- [Understanding Allergies: Free Digital Download](#)



### INSIDE:

ALLERGY DEFINED  
SYMPTOMS & DIAGNOSIS  
TREATMENT & MEDICATIONS  
MANAGING YOUR ALLERGIES  
ADDITIONAL RESOURCES

### Understanding Allergies: Digital Download

**\$0.00**

Allergies impacting your daily life and day to day activities? Know someone who is affected by allergies? Allergy & Asthma Network understands that allergies are more than just an annoyance and if left untreated can lead to health problems. Get a copy of our "Understanding Allergies" guide to take the first step in feeling better, breathing better, and living better!

# Helpful Resources

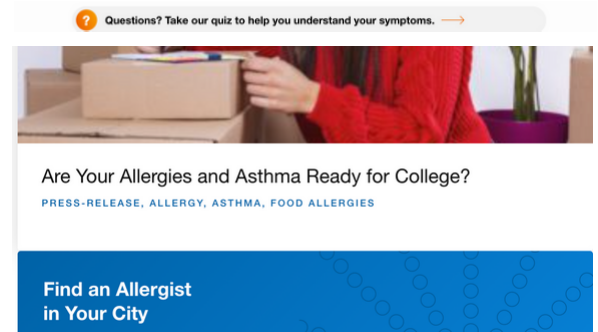
National Organizations committed to supporting students with food conditions!

## ACAAI

*American College of Allergy Asthma and Immunology:* a professional medical organization with trained physicians to diagnose allergies and asthma, administer immunotherapy, and provide patients with the best treatment outcomes.

Links:

- [How to Prepare for College](#)
- [Find an Allergist in your Area](#)



## FAACT

*Food Allergy & Anaphylaxis Connection Team:* a leading patient organization for people with food allergies

Links:

- [College Resource Center](#)

## FARE

*Food Allergy Research & Education:* a non-profit organization dedicated to food allergy awareness, research, education, and advocacy

Links:

- [Preparing for College Resources](#)

